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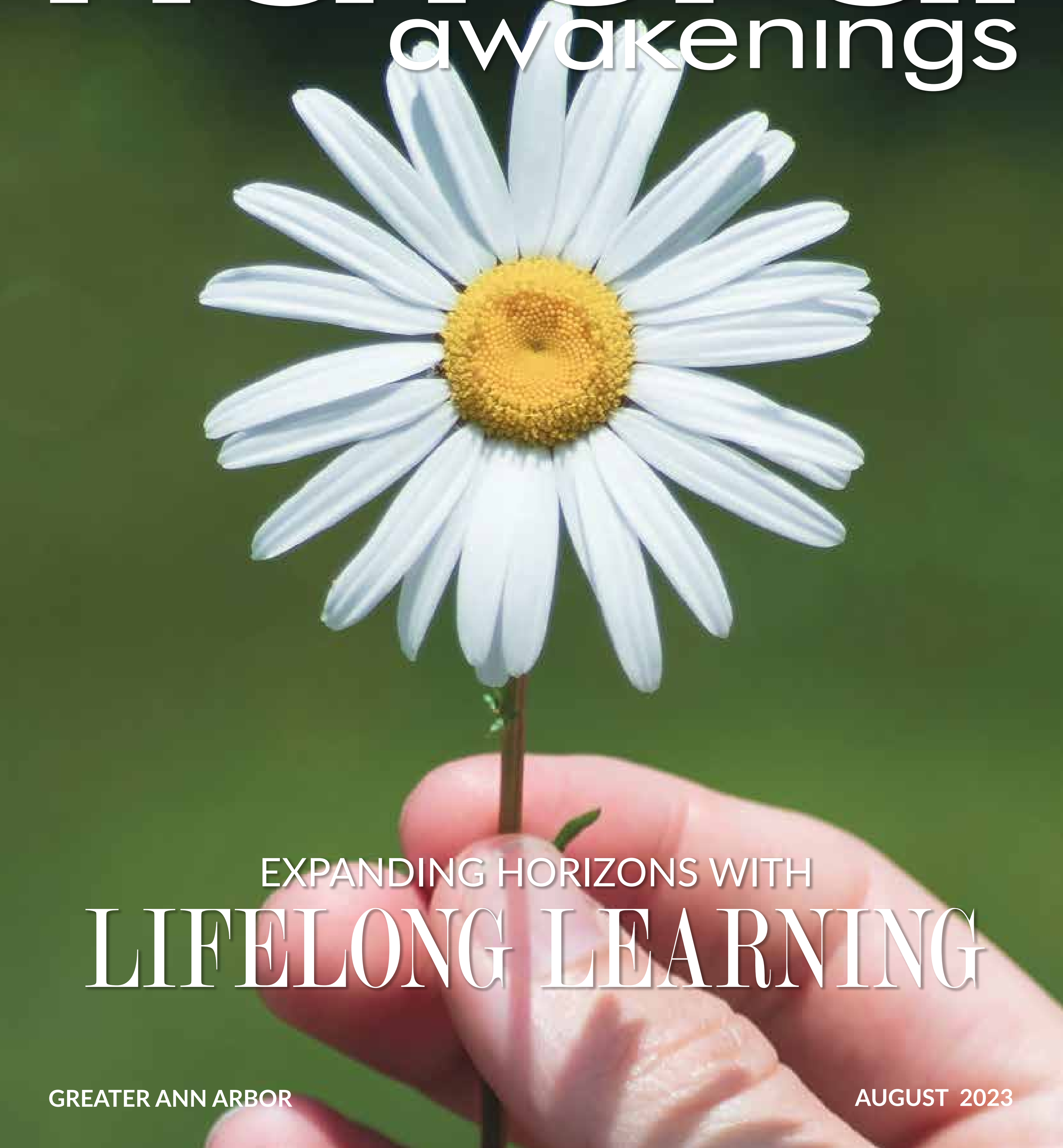

EXPANDING HORIZONS WITH LIFELONG LEARNING

GREATER ANN ARBOR

AUGUST 2023

Nature's Germ Killer

Copper can stop germs *before* you get sick

By Doug Cornell

Scientists have discovered a natural way to kill germs fast.

Now thousands of people are using it against viruses and bacteria that cause illness.

New research: Copper kills bad germs in seconds.

Colds, flu, and many other illnesses start when viruses get in your nose and multiply. If you don't stop them early, they spread and cause misery.

Hundreds of studies confirm copper kills germs like viruses, bacteria, and fungus almost instantly, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about germs. Now we do.

The National Institutes of Health and the American Society for Microbiology vouch for the power of copper to kill germs.

Scientists say copper's high conductance disrupts the electrical balance in a germ cell and destroys it in seconds.

The EPA recommends hospitals use copper for touch surfaces such as faucets and doorknobs. This cuts the spread of MRSA and other illnesses by over half, and saves lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe with a tip to fit in the bottom of the nostril where viruses collect.

When he felt a tickle in his nose like a cold about to start, he rubbed the copper gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never happened." That was 2012.

Now he's gone 11 years without a cold. "I used to get 2-3 bad colds every year. Now I use my CopperZap right away at any sign I am about to get sick."

After the initial success, he asked relatives and friends to try it.

Users say:
"It works! I love it!"
"I can't believe how good my nose feels."
"Is it supposed to work that fast?"
"One of the best presents ever."
"Sixteen flights, not a sniffle!"
"Cold sores gone!"
"It saved me last holidays. The kids all got sick, but not me."
"I am shocked! My sinus cleared, no more headache, no more congestion."
"Best sleep I've had in years!"

They all said it worked, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of bad germs, like a tickle in the nose or a scratchy throat.

Soon people found other things they could use it against:

Colds and **Flu**
Covid
Sinus trouble from germs
Cold sores or fever blisters
Canker sores that get infected
Mold allergies
Congestion or stuffiness
Drippy nose
Hay fever worsened by bacteria
Strep throat
Pink Eye and **Styes**
Skin infections
Infected sores
Cuts or wounds getting infected
Thrush and **Tongue Infections**
Warts
Ringworm

The handle is curved and textured to increase contact with fingers and hands in case you touch things sick people may have touched.

Scientists placed millions of viruses on copper. "The viruses started to die literally as soon as they touched it," said Dr. Bill Keevil.

The EPA says copper works just as well when tarnished. Easy to clean or polish.

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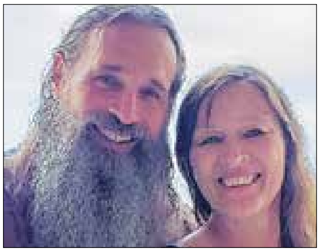


Rekindling Wonderment

The kids are headed back to school, and because we all get ready to hit the mental reset button, our August issue is here to help—chock-full of great ideas to support a shift in perspective, open us more to life's mysteries and encourage us to recognize that not everything needs to be explained or understood fully. Let's embrace the uncertainty and marvel in the inexplicable. Allow your imagination to wander into the realm of possibilities and see where it leads you.

If you need a little nudge, this month's Inspiration department, "Walking in Wonder," encourages us to reconnect with a childlike sense of awe and curiosity. As adults, it's easy to become so consumed with the demands of everyday life that we forget how soul-fulfilling and awe-inspiring it is to literally stop and smell the roses. Marlaina Donato's list of suggestions is well-matched with this month's theme of lifelong learning because we really must rekindle wonderment to experience true enrichment. Exploring the thrill and magic of life and all that we can learn on a daily basis is even better when shared with kindred souls.

Lifelong learning is a philosophy and approach to education that emphasizes continuous renewal and personal development at every age. In our main feature, "Lifelong Learning: Benefits of Being the Forever Student," we discover that learning does not need to be confined to the classroom, but can take place in different contexts at any stage of life. Lifelong learners are generally curious, self-motivated and passionate individuals. Their continued scholarly pursuits have also been shown to lead to mental and emotional benefits including a healthier, more fulfilling life. It's true that the ongoing pursuit of knowledge, passion and purpose will keep you motivated, inspired and connected to your authentic self.

The here and now is always an opportunity to envision what you'd like to accomplish in the next chapter of your life, so take a moment to reflect on your achievements and experiences thus far and gather up new goals for the future. Is lifelong learning in the plan? The first step may involve rekindling a sense of wonderment and reconnecting with that which inspires you. Consider subjects, experiences and environments that resonate, and make a conscious effort to incorporate the awe and curiosity they instill into your daily life.

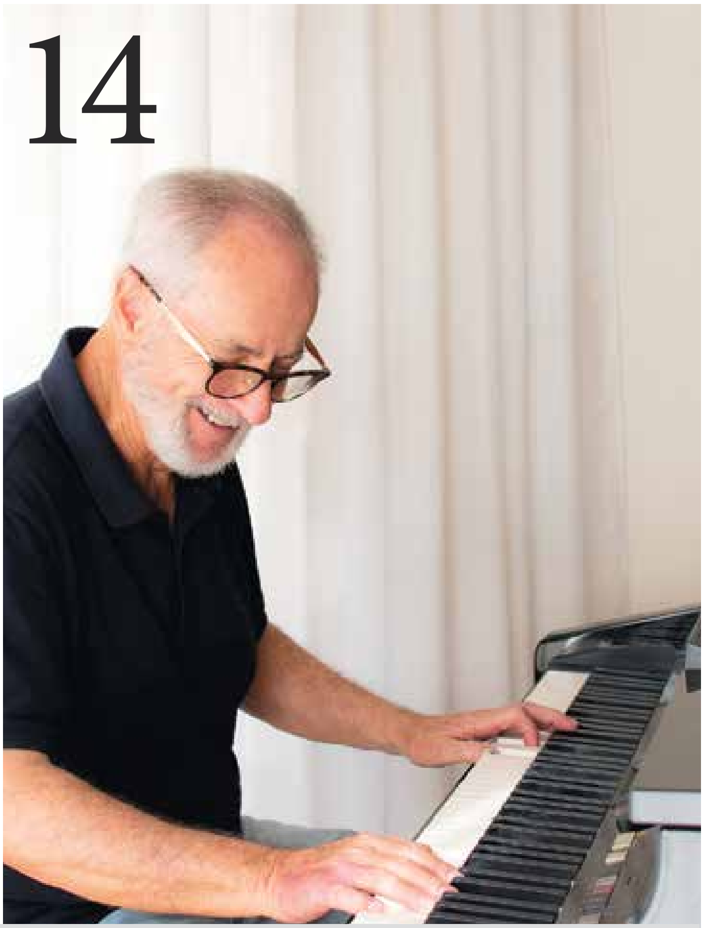
Speaking of the next chapter, I am turning 60 this month! As I take stock of the meaningful moments and experiences that have shaped my life, it seems incredible that so much time has passed by. I know I have so much to be grateful for: the good, the bad and everything in-between that has brought me to where I am now. I am excited to embrace the start of this new decade filled with hope for new adventures and possibilities, armed with plenty of wisdom to "just go with it." God is good!

As always, we urge you to make your best effort to step outside each day, observe the season's natural progression; look for monarchs and other butterflies; dance in the rain if you'd like; and savor the blessings of late summer. Carve out time each day to reflect on the things you are grateful for. Appreciating the small joys and blessings in your life can help you see the magnificence of everyday moments. Plus, mindfully staying aware of and magnifying the positive enables us to make the most of each day, whatever changes come our way.

Here's to focusing on what really matters!

Trina & John

Natural Awakenings is your guide to a healthier, more balanced life. In each issue you'll find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.



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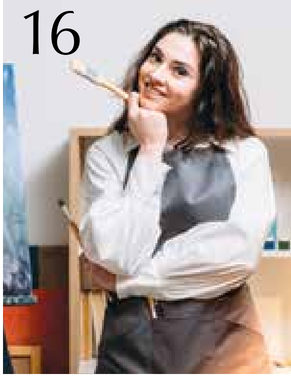

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"We need to preserve a few places, a few samples of primeval country so that when the pace gets too fast we can look at it, think about it, contemplate it, and somehow restore equanimity to our souls."

– Sigurd Olson

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news briefs

Tai Chi for Teens

Wasentha Young and Nigel Kerr

The Peaceful Dragon School of Tai Chi and Qigong has added instructor Nigel Kerr to lead a new Tai Chi for Teenagers class from 6 to 7 p.m., Mondays, September 11 through December 11. Participants will playfully explore basic body mechanics and focus on the mindful movement of a modified, short tai chi form.

As a grandfather, Kerr has experienced some of what modern life demands of children and teenagers. This class is a way to bring the benefits from tai chi practice to young people so they can use it in daily life for relaxation and self-care.

Cost is $150. Location: 1945 Pauline Blvd., Ste. B, Ann Arbor. For more information, call 734-741-0695, email Info@PeacefulDragonSchool.com or visit PeacefulDragonSchool.com/about/ongoing-classes. *See ad page 11.*

Sacred Psilocybin Experience

Gary Merel

Gary Merel, MS, LAc, CLC, will conduct a day-and-a-half Sacred Psilocybin Group Experience at 11 a.m., August 12 and 13 in Ann Arbor. He says that participants can connect with a supportive group of like-minded individuals; explore the transformative power of psilocybin; journey through their inner world with guided meditations and introspective exercises; learn how to integrate insights and experiences into daily life; experience the healing power of nature with guided walks in the beautiful surroundings; and enjoy delicious, nourishing meals and snacks provided by an expert culinary team.

He advises, "Our experienced and compassionate facilitators will guide you through a safe and sacred journey with the help of the powerful medicine of psilocybin. This experience is designed to help you connect with yourself and others, deepen your spiritual practice, heal personal trauma and gain insights into your life."

As a holistic health specialist and certified life coach, Merel offers the tools needed to create the life his clients envision. He is an effective catalyst that helps them unravel their life dilemmas. Merel shares, "I will help you to ignite your innate wisdom enabling you to see a clear path for your life. My approach to coaching involves the combination of various coaching modalities. I will help you to create personal ceremonies and practices that will help you manifest the intention and direction to live a purposeful life."

Cost is $480. For more information including location or to register, call 732-208-2836, email GaryMerel@gmail.com or visit LeanIntoYourLife.net. *See ad page 37.*

Start a Career in Natural Health

Enrollment is now open for fall and winter courses at Trinity School of Natural Health, a premier resource for holistic health education, with graduates from all 50 U.S. states and more than 40 countries. Founded in 1991, the school's diverse online curriculum provides comprehensive knowledge and skills to help turn a passion for healthy living into a fulfilling career. Graduates often use their education in private practices, group clinics,

retail stores, online businesses, public education or writing jobs.

Certifications are available for a wide range of natural health specialties, including health coaching, naturopathy, aromatherapy, homeopathy, holistic fitness, herbalism, iridology, nutritional consulting and ZYTO bioenergetics. Led by instructors with practical expertise, these online courses provide students the flexibility to work when their schedules allow, while offering interactive and structured classroom settings to keep students motivated and on the path toward graduation.

TRINITY School of Natural Health

Programs begin every four weeks. For more information or to enroll, call an enrollment specialist at 800-428-0408, option 2, or visit TrinitySchool.org. See ad on page 19.

Garrett's Space Rezoning Approved

The Garrett's Space holistic healing residence for young adults 18 to 28 years old struggling with anxiety and depression has passed a rezoning application, so they will proceed to acquire the 76-acre property at 3900 North Dixboro Road, in Superior Township, and move forward with its plans to use the property to provide holistically focused day and residential programming for clients struggling with anxiety and depression.

Julie and Scott Halpert founded Garrett's Space in 2019 after losing their son Garrett to suicide two years earlier when he was 23 years old. "When Garrett was struggling, we couldn't find effective supplemental support options that we believe could have made a lasting difference. We created Garrett's Space to help fill this void in our healthcare system for other young adults struggling with their mental health," says Scott Halpert.

Garrett's Space currently provides wellness programming as a supplement to individual therapy and psychiatric intervention. The programming offers young adults the opportunity to join one of three weekly virtual groups led by professional facilitators for peer connection and mood and movement activities. There is no cost to attend the group.

For more information, call 734-272-3841 or visit GarrettsSpace.org.

Professional Diet Advice Provided at Clarke Pharmacy

Mona Al Audhi

Clark Professional Pharmacy is an independent community compounding pharmacy in business since 1980. For those looking to improve health through food, Clarke's has dietician services by Mona Al Audhi, RD, MS, for those with chronic or acute conditions. Programs include Comprehensive Nutrition Counseling—a one-hour assessment including discussion of past and current dietary habits, medical history, list of achievable health goals and future expectations; Customized Meal Planning—a review of typical food intake and personalized tips for meals and snacks to fit individual lifestyle and goals; and Supplement Regimen Review—an audit of current regimens to ensure proper types and dosages of nutritional supplements are being used and a list of recommendations.

As a PCAB-accredited pharmacy, Clarke's is committed to meeting the highest industry standards of safety, efficacy and quality of care to the patrons they serve. Other benefits include fast processing, shipping available, veterinary compounding, hormone replacement, pharmacist consultations availability, free wellness consultations, premium-grade supplements and high-quality products.

Location: 3280 Washtenaw Ave., Ste. B. Ann Arbor. For more information, call 734-369-8782 or visit ClarkProfessionalPharmacy.com.

Go Greek This Summer

The Great Greek Mediterranean Grille has opened at 3268 Ann Arbor-Saline Road, in Ann Arbor. They make all of the food in-house and offer a variety of customizable menu items. Local franchise owner Lama Plyler explains the menu features modern interpretations of traditional dishes like spanakopita, hummus, dolmades, falafel, feta fries and Greek butter cookies.

She says, "Expanding The Great Greek Mediterranean Grill's presence throughout Michigan has provided an outlet for our devotion to helping the community and our passion for bringing people together. We're thrilled to open the concept's first Ann Arbor location and can't wait to see the community's response to having access to new and convenient quality food options."

Plyler owns three other locations in the Detroit area and plans to partner with local organizations and nonprofits including Ann Arbor-Ypsilanti Regional Chamber and Habitat for Humanity. The restaurant offers free Wi-Fi, indoor seating for 60 guests and patio seating for 25.

For more information, call 734-373-7000 or visit TheGreatGreekGrill.com/ann-arbor-mi.

European Flair in Ann Arbor

Hanna Tarasevich

My Spa is open at 2512 Carpenter Road, Suite 101B, in Ann Arbor. Special pricing is available for all new and existing clients through September 30 with Elena Rea for skin care or Adam Gray for massage therapy.

Owner Hanna Tarasevich brings 24 years of skin care experience to the new business. Born and raised in Eastern Europe, she plans to use European-inspired treatments and Sothys, a line of curated beauty and wellness treatments from Paris. Patrons can get facials, waxing, services for brows and eyelashes, as well as body treatments such as body massage and exfoliation.

Tarasevich operated Prestige Skin Care for eight years and plans to hire more employees for this new venture. She shares, "I'm an immigrant, and I feel comfortable in Ann Arbor because it is a very welcoming city. Plus, it's a little bit hippy, more down-to-earth and more people are aware of what they are using and what they are eating, and I can see that with my clients."

For appointments and more information, call 734-604-8648, email A2MySpa@gmail.com or visit DiscoverMySpa.com.

KUDOS

Ann Arbor has been recognized for its **environmental leadership** by the statewide **Michigan Green Communities** program. As part of the annual Michigan **Green Communities (MGC) Challenge**, local governments were awarded bronze, silver or gold **seals of achievement** reflecting community leadership in areas such as energy efficiency, climate adaptation and resilience, recycling, environmental justice and more.

Ann Arbor achieved **gold status** for exemplary action in multiple categories, including climate resilience, energy efficiency, renewable energy and materials management as part of implementing its ambitious **A2ZERO Carbon Neutrality Plan**, and made significant progress in the past year. The MGC sustainability networking, benchmarking and technical assistance program is open to all local governments in Michigan at no cost.

For more information, visit MiGreenCommunities.com.

Photo: AADL.org; Rights Held By Kiwanis Club of Ann Arbor

A Century of Kiwanis Community Service

The nonprofit Kiwanis Club of Ann Arbor was chartered on June 13, 1921, with 60 members. Their 100th anniversary celebration was postponed to this year because of the COVID-19 pandemic. Today, Kiwanis clubs and members are helping children thrive, prosper and grow in nearly 80 countries.

The Kiwanis Club of Ann Arbor is one of the largest Kiwanis clubs in Michigan; it operates the Kiwanis Thrift Sale and is open to men and women. Since 1921, proceeds from the sales have provided more than $10 million in grants, services and merchandise to children, families and individuals across the community.

Kiwanis supports the C.S. Mott Children's Hospital Child and Family Life Services Program in four children's hospitals across Michigan. Members make an annual gift to the Kiwanis Michigan District to support the programs and contribute monthly into the "Mott Pott" to provide additional support to the Clement Child and Family life Services Program at the children's hospital.

Club members and volunteers have a long history of supporting delivery of meals for the Meals On Wheels program distributed Monday through Friday each week. More than 6,509 meals are delivered each year. A voucher program invites social workers in the area to bring clients to the Kiwanis Center to shop for needed items at the Kiwanis Thrift Sale at no cost. A Warm The Children program provides new winter clothes to children.

Today, Kiwanis clubs and members are helping children thrive, prosper and grow in nearly 80 countries.

The Kiwanis Thrift Sale is open for sales to the public on Fridays from 9 a.m. to 1 p.m. and on Saturdays from 9 a.m. to 3 p.m. at 100 North Staebler Road. Kiwanis Environmental Education Preserve (KEEP) has set aside 72 acres next door for the development of an environmental education preserve as a future service project.

For more information, call 734-368-9738 or visit A2KiwanisFoundation.org.

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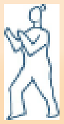

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Maximizing Lutein in Green Smoothies

Research indicates that lutein is essential for eye health, suppresses inflammation and offers cardiovascular health benefits. Because the human body cannot make this powerful antioxidant, it is important to include it in the diet by eating dark, leafy vegetables, such as spinach and kale.

A new study in the journal *Nutrients* has found that coconut milk is the most effective plant-based milk to liberate lutein from spinach in green smoothies. The scientists from Linköping University, in Sweden, tested 14 liquids, and only four increased lutein liberation in spinach smoothies. Compared to blending spinach with water alone, coconut milk without additives was found to improve lutein liberation by 42 percent. Improved lutein liberation was also found with high-fat cow's milk (36 percent), medium-fat cow's milk (30 percent) and coconut milk with additives (25 percent). Researchers noted that soy milk with and without additives actually reduced lutein liberation by 40 percent and 61 percent, respectively.

Diet May Impact Risk of Miscarriage

One in six pregnancies ends in miscarriage. While there are many known causes, including chromosomal problems and infections in the womb, nearly half of pregnancy losses remain unexplained.

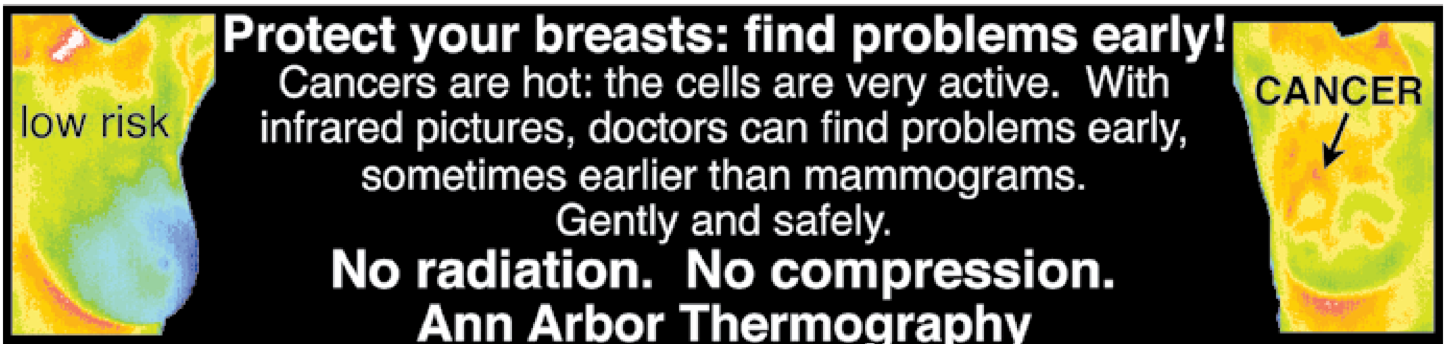
Researchers at the University of Birmingham, in the UK, analyzed 20 studies that examined the eating habits of 63,838 healthy women of childbearing age in the months

before and shortly after conception to see whether there was evidence of an association with a lower or higher chance of miscarriage. The review, published in the journal *Fertility and Sterility,* found that, compared to low consumption, high intake of fruit was associated with a 61 percent reduction in miscarriage risk, and high vegetable intake was associated with a 41 percent reduction.

Risk reduction was also linked to dairy products (37 percent), grains (33 percent), seafood (19 percent) and eggs (19 percent). The evidence was uncertain for red meat, white meat, fat and oil, and sugar substitutes. The researchers looked at whether specific types of diets (such as the Mediterranean Diet or Fertility Diet) were also linked to miscarriage risk, but they could not find evidence that following any of these diets lowered or raised risk.

Reducing Pain With Music Therapy

A new study in the journal *PAIN Reports* conducted by researchers at University Hospitals Connor Whole Health, in Cleveland, looked at patient outcomes in pain reduction after music therapy. The study examined music therapy interventions provided to 1,056 adults that reported moderate to severe pre-session pain, anxiety or stress. Interventions included listening to live, music-assisted relaxation and imagery, and active music making. After a single music therapy ses-



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sion, the patients reported clinically significant reductions in pain, anxiety and stress.

Additionally, patients receiving a music therapy session in which pain management was a goal were 4.32 times more likely to report pain reduction than those receiving the therapy without such a goal. While music therapy may be an effective, non-drug therapy for acute pain and distress management, additional research is needed to determine which characteristics of music therapy interventions influence pain improvements.

Colon Cancer Rising Among Young Adults

Colon cancer is on the rise in young adults, according to a report published in the journal *Science*. Colorectal cancer diagnosed in individuals under the age of 50 is known as early-onset colorectal cancer (EOCRC). The most common symptoms include abdominal pain and rectal bleeding. Patients with EOCRC are often diagnosed with more advanced-stage disease and have worse survival rates compared to a later onset of the disease.

EOCRC has risen at a rate of 2 to 4 percent per year since the 1990s and is anticipated to become the leading cause of cancer death in those aged 20 to 49 by the year 2030. One in five colorectal cancer (CRC) cases diagnosed today are in people younger than 55, compared to one in 10 cases in 1995, according to the American Cancer Society.

The increased risk is carried through generations due to changes in environmental risk factors that disproportionately affect those born in recent decades compared to those born earlier. Obesity and other conditions related to metabolic syndrome, such as hypertension, hyperlipidemia, hyperglycemia and Type 2 diabetes are associated with CRC risk. Dietary factors, such as sugar-sweetened beverages, red and processed meat, and Western diets, have also been implicated, as has the increased use of antibiotics, environmental toxins and higher rates of cesarean sections and other surgical procedures. Other possible reasons include genetics, low screening rates and misdiagnoses. Researchers also call for more research on the microbiome for EOCRC early detection and assessment.

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LIFELONG LEARNING

BENEFITS OF BEING THE FOREVER STUDENT

by Linda Sechrist

It's never too late to take an evening drawing class at the local high school, learn a language with the help of an app or get one-on-one tutoring from a piano instructor. Adults of any age can find personal and professional benefits when they engage in what is termed "lifelong learning". It is a great way to spice up retirement, acquire skills for a coveted promotion, master new technology, express creativity or simply keep the mind sharp.

Lifelong learners are generally curious, self-motivated and passionate individuals. Their continuing educational pursuits can lead to mental and emotional benefits, including healthier, more fulfilling lives.

Brain Benefits

In a study published in the journal *Psychological Science* involving 200 seniors, neuroscientists at the Center for Vital Longevity at The University of Texas at Dallas found that sustained engagement in cognitively demanding, novel activities—such as learning digital photography or quilting—significantly enhanced memory function in older adults. The researchers were surprised to discover that the control group, which engaged in fun, social activities without learning a new skill, did not perform as well in memory tests.

In a report published in the journal *Neurology,* Dr. Keith Johnson from Massachusetts General Hospital and Harvard Medical School found that people engaged in higher levels of intellectual stimulation throughout their lives can delay the onset of memory problems and other symptoms of Alzheimer's disease, although it does not represent a cure for the illness.

The mind is a use-it-or-lose-it tool, says Dr. Lise Van Susteren, a general and forensic psychiatrist in Washington, D.C. "What better way to use our short-term and long-term memory than to engage in lifelong learning? The older we get, the less likely we are to exercise short-term memory. We program our phones with numbers we call regularly. We store passwords and usernames in our computers and never attempt to memorize credit card numbers," she explains. "We're not using our brains enough, leaving us open to being replaced by AI [artificial intelligence]. The brain is a muscle to be exercised regularly or like a car that you must keep tuned up."

Susteren points to a five-year study of London taxi drivers, which found that the hippocampus, a part of the brain that is crucial for long-term memory and spatial navigation, was larger than average in the brains of these cabbies. What's more, the neuroscientists at University College London were able to show through magnetic resonance imaging that this gray-matter growth occurred over a four-year period after the drivers had memorized an intricate network of 25,000 streets and thousands of routes to tourist attractions and city hotspots. According to Van Susteren, this study suggests that intensive learning can spur the brain to grow over time.

Making Every Day Count

Ingrid Bianca Byerly, director of the Humanitarian Challenges Focus Program and senior lecturing fellow in the Thompson Writing Program, at Duke University, describes lifelong learners as audacious, curious and fun-loving people that passionately seize the day. In a TEDxStGeorge talk entitled "The New Fountain of Youth: Lifelong Learning", she recounts the invigorating experience of being on the faculty of three Semester at Sea voyages, where she taught undergraduate students and lifelong learners world music and public-speaking advocacy for global humanitarian causes.

> A study of London taxi drivers suggests that intensive learning can spur the brain to grow over time.

"Entering college, you're asking yourself, 'What am I going to do for a job and a paycheck?' and at retirement, you're asking, 'What is my purpose, and what am I going to do with the rest of my life for my personal fulfillment and enrichment?'" Byerly expresses admiration for lifelong learners that pursue life goals, learn to play musical instruments, take art classes, climb mountains or write memoirs, and surmises that the secret to staying young and keeping the mind alive is adult education.

Life-Altering Pursuits

For some lifelong learners, seeking new opportunities and embracing change are compelling motivators. Take Maia Toll, for example. In 2006, she followed a whim to study herbalism with a traditional healer in Ireland. For the elementary school teacher living in Beacon, New York, botanical herbs had only been a hobby up to that point.

"Apprenticing with Eleanor changed everything," she says of her experience with her Irish-based mentor. "I had the space in my life and money from selling my house. Three months turned into nearly a year, and upon returning home, I continued studying for four more years."

Toll left her teaching career to become a full-time herbalist and is now the co-owner of a shop called Herbiary, with locations in Philadelphia, Pennsylvania, and Asheville, North Carolina, where she lives. She has taught herbalism at West Chester University in their School of Public Health, led a study program in the Amazon rainforest and written several books, including her latest, *Letting Magic In.* As she explains, "Lifelong learning can change your life at any age."

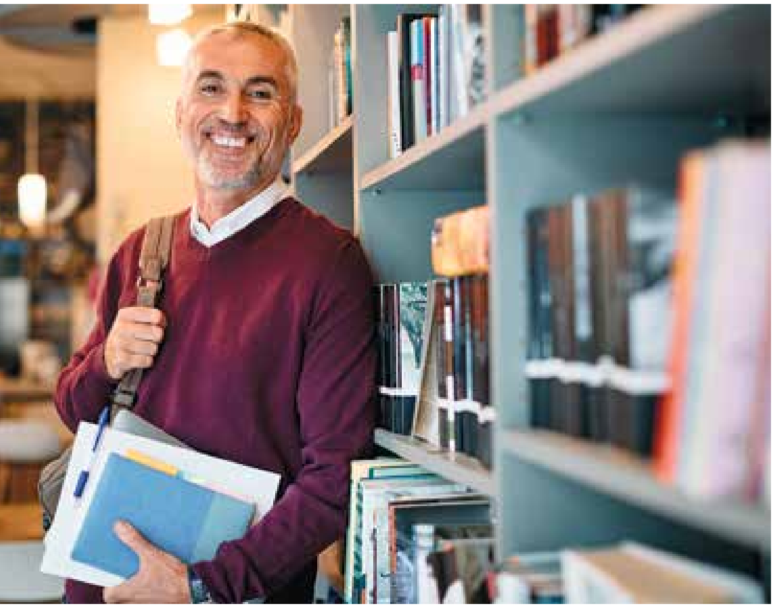
A Greater Commitment to Learning

For 30 years, Jim Walker was a labor representative for the California School Employees Association. He recalls teaching a labor-law class as an adjunct instructor for Los Angeles Trade-Technical College and estimates that about 80 percent of his students were lifelong learners, which he defines as adults between the ages of 30 and 45 that are interested in the subject matter for personal or professional reasons rather than satisfying a requirement for a college degree.

"It was obvious to me that these lifelong learners were more dedicated students than college students. They were like sponges and wanted to absorb everything. Occasionally during classes, it was the lifelong learners that were on their phones googling the subject and updating my facts," says Walker, who admits that when he had more free time in retirement, he enrolled in meteorology and astrology courses to satisfy longstanding interests of his own.

The Joy of Achieving Milestones

In love with learning and the sense of accomplishment she feels whenever she masters a subject, Doreen DeStefano, of



Root Causes Holistic Health & Medicine, in Fort Myers, Florida, has been earning degrees since 1987. She holds bachelor's degrees in nursing and exercise physiology, master's degrees in criminology and public business administration, and doctorates in natural health and nursing practice. "In medicine, there is always something new to learn," she says. "I think that's why I chose this field. It's fun to learn the latest thing."

Resources

There are numerous opportunities for learning, in person and online.

IN-PERSON CLASSES

- For people that work full time, many cities offer evening classes at high schools, colleges or civic centers on a wide range of subjects.
- Museums and art institutions commonly host demonstrations and in-depth instruction by local artists.
- A neighborhood music store can lead to connections with musicians that tutor burgeoning rock stars.
- For those harboring thespian aspirations, a hometown improv group or regional theater may be holding auditions or offering acting classes.
- Dance studios help people step up their ballroom dance skills.
- Contact a chef or visit a kitchen supply store for cooking lessons.
- A nearby botanical garden or gardening shop may offer how-to classes for growing native or pollinator plants.
- Pick up sewing tips at the fabric store.
- If a class is not offered, create a study group that meets at a cafe or park to learn together.

ONLINE LESSONS

- To become proficient in a new language, check out apps like *RosettaStone.com* and *Duolingo.com*.
- *YouTube.com* is an endless source for instructional videos of every variety.
- Visit *Ted.com* for informative and inspiring TED talks by global experts in their respective fields.
- For students that wish to learn while taking nature walks, a vast world of podcasts awaits.
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- *Coursera.org* offers many streaming courses, documentaries and films.
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Linda Sechrist has been a contributing writer to Natural Awakenings *publications for 20 years.*

Walking in Wonder

by Marlaina Donato

Before life snagged us in its insidious net of obligations, our child selves discovered awe around every bend. We poked our noses into fluffy, new dandelions and saw faces in passing clouds. “Why?” was a perpetual mantra we lived by, no doubt testing the patience of loved ones. Somewhere along the way, our eagerness to jump into the lap of the world and be held by magic gave way to a new way of being.

In 1942, Albert Einstein wrote to his old friend, German psychiatrist Otto Juliusburger, “People like you and I, though mortal of course like everyone else, do not grow old no matter how long we live. What I mean is we never cease to stand like curious children before the great Mystery into which we were born.” This quote reminds us to stop wading in the daily grind and dive into the deep end of everyday magic.

Discovering a new musical artist, learning about a country we never heard of and touching emerald moss during a Sunday hike wakes up the child in us, the self that is impervious to pessimism. Observing a flower at ground level with the bees or reacquainting ourselves with the changing wheel of constellations not only re-sparks our ability to respond to life but also reinforces our connection to the infinite.

Courting curiosity is the domain of cats, as well as the most contented humans. Rekindling our wonderment is even better when shared with kindred souls, and the ripple effect can travel further than we might expect. Here are some inspirations:

- Without a set plan, get in the car with a friend and see where the day takes you. Pack a picnic and stop for lunch somewhere off the beaten path.
- Regardless of artistic ability, begin a nature journal and record small bits of the seasons throughout the year.
- Check out a book or two from the children’s section at the library and be young again.
- Create a daily practice of daydreaming about something delightful that has nothing to do with the past or the future.
- Start a local meet-up with others that share a common passion: books, healthy baking, trains or thrifting.
- Revisit a childhood or teenage interest and don’t explain why.

Marlaina Donato is an author, painter and composer. Connect at JaguarFlower.art.

Maria Rodale

ON LETTING NATURE HEAL ITSELF

by Sophia Ellis Kreider

Bestselling author, activist and gardener Maria Rodale is a board member of Rodale Institute, a nonprofit dedicated to growing the regenerative organic agriculture movement through research, farmer training and education. She is the former CEO of Rodale Inc., the global health and wellness media company that published notable books and magazines, including Al Gore's *An Inconvenient Truth*.

Her own books include *Organic Manifesto: How Organic Food Can Heal Our Planet, Feed the World, and Keep Us Safe,* as well as *Scratch: Home Cooking for Everyone Made Simple, Fun, and Totally Delicious*. In her latest work, *Love, Nature, Magic: Shamanic Journeys into the Heart of My Garden,* Rodale leads readers through her relationship with the plants, animals and insects that inhabit her garden and shares the life lessons these often misunderstood creatures taught her.

Why did you write this book?

It was a combination of sensing that "spirit" wouldn't allow me not to and the recognition that I could write the book in my own way, with humor and irreverence. It's been my experience that once we begin following the path that spirit provides for us, things become easy. As someone on the older side of life, I've also noticed that when I don't listen to that guidance, I tend to really mess things up, so even when I don't understand the path, I have to follow it.

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What is the most significant message nature is trying to share with us?

The overarching message, which has been reinforced since I wrote the book, is that nature wants to feel free to do whatever it needs to do to heal things. The more we try to control nature, the more frustrated it gets. The same is true for people; the freer we feel, the happier and more productive we are. All efforts to control, whether it's controlling human behavior or landscapers trying to control the landscape, are not helpful in any way. If we want to solve the climate crisis or the environmental crisis, we need to allow nature to be free and do its job.

The other message I received from nature relates to humans' tendency to search for plants, take them, hoard them, eat them and rub them on our skin. In reality, we don't need to do these things to benefit from plants. We can simply be in harmony with them in order to absorb their healing energy. So again, it's about freedom, releasing control and trusting our relationship with plants and nature.

What role does courage play in exploring what plants, insects and animals have to teach us?

Many of us are afraid of having new experiences or have anxiety about things we don't understand. When this happens, we can choose to stay in the fear or encourage ourselves through it. When we choose courage and curiosity, we often learn a new skill or power. For example, when I was journeying and getting to know mosquitos and ticks, I felt afraid but chose to keep going. While I didn't come to love the mosquitos and ticks, I developed compassion and respect for them.

To understand what nature is communicating to us, we need to get curious and unlearn what our parents and culture taught us about how our garden should look or how we should interact with it. We can ask ourselves, "What am I afraid of? Where did the fear come from?" and listen for the answer.

What role does personal trauma play in healing our planet?

Trauma is the root of everything—crime, abuse and all the things that make us unhappy and destructive, both towards each other and nature. That's one of the reasons I was excited to share the parents' creed in the milkweed chapter. The creed teaches that in order to stop trauma, we must raise kids well from the start. The challenge is that our culture doesn't provide the information we need to minimize our mistakes or prevent trauma in the first place. Openness to learning about ourselves is key to healing trauma. When we heal our traumas, we are less likely to project trauma onto other living beings, including nature.

If people respond to life with curiosity instead of fear, and love instead of control, we can evolve amazingly fast and have fun doing it. This is the wonderful work we can accomplish together with nature—envisioning and building new systems and ways of being on this beautiful Earth.

Sophia Ellis Kreider is a freelance writer in Lancaster, PA, and a regular contributor to Natural Awakenings. *Connect at SophiaEllisKreider@gmail.com.*

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Childhood Food Allergies, Intolerances and Sensitivities

BACK-TO-SCHOOL TIPS FOR ALL AGES

by Veronica Hinke

It's back-to-school season, and for students with food issues, meal planning is as important as lining up classroom supplies and extracurricular schedules. Paramount in their minds is to avoid ingredients that might cause unappealing reactions or compromise health, while not stressing about the risks or feeling cheated that they cannot eat the same things as their friends.

Diagnosis. Often, food allergies, sensitivities and intolerances are incorrectly used interchangeably when, in fact, the symptoms, treatments and safety recommendations differ. Consult a physician for a proper diagnosis and a nutritionist for dietary guidance.

FOOD ALLERGIES cause an almost immediate, potentially deadly immune response (anaphylaxis) requiring an epinephrine shot. Symptoms include a drop in blood pressure, narrowing of the airways, rashes, nausea and vomiting. The U.S. Centers for Disease Control and Prevention (CDC) estimates that 20 percent of students with food allergies will have a reaction at school. Eight ingredients account for 90 percent of food allergies: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans.

FOOD INTOLERANCES result from an inability to digest certain foods due to an enzyme deficiency or irritable bowel syndrome. The most common forms of intolerance are caused by lactose, histamine and gluten.

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FOOD SENSITIVITIES provoke delayed symptoms (sometimes days after eating a problematic ingredient), including diarrhea, rashes, joint pain, digestive problems, fatigue and brain fog. Among children, common triggers are lactose, gluten, grains, legumes, soy, corn and yeast.

Emotional Concerns. According to Karen Raden, an Illinois-based registered dietician and certified clinical nutritionist, the goal is what she calls "food freedom": the empowerment of students to make informed choices that feel best for them and their bodies. "Even if a child's options are limited, it's important to allow them to make substitutions. The less restricted, the better. It's not just about the science; there's a lot of emotion that goes into it, too," she says.

Dr. Dawn Huebner, a psychologist, author and parent coach in Sacramento, California, says, "There is danger associated with allergies, and anxiety results when you overestimate the danger. In children, this can morph into anxiety about eating with other people or touching things in the classroom. Many parents are intent on making uncomfortable feelings go away, so they end up minimizing feelings, telling their children to simply not worry."

A better approach, Huebner says, is to acknowledge the child's reality and empathize with them. "Say to your child in a really direct way, 'Yes, that's hard to see your friends eating ice cream or cupcakes that you don't get to have.' Even though there are food substitutions, it doesn't make up for the fact that a student doesn't get to be a regular kid, eating what everyone else gets to eat."

Ready-to-Eat Options. Huebner suggests that parents help their children develop skills to overcome temptation, rather than berating or punishing them for occasionally sneaking forbidden foods. At all times, delicious alternatives should be readily available.

Theresa Diulus, a Texas-based nutrition coach, believes in empowering kids by keeping ready-made foods in clearly marked bins that kids can easily access. She stocks the pantry with gluten-free oatmeal and coconut or cassava flour cake mixes, and stores frozen, gluten-free waffle or pancake batter in batches to save time when a safe and delicious treat is needed.

Food Substitutions. Replacing essential nutrients that might be missing once certain foods are eliminated is another key objective. "If dairy is the problem, for example, we worry about bone health and need to make sure the child is getting calcium from nondairy sources," Raden explains. "I like to find out what their favorite foods are and modify them. Food issues are more prevalent these days. We're really lucky now that there are very good substitutes for eggs, dairy and gluten."

Raden recently adapted a shepherd's pie recipe by using gluten-free flour and almond milk. For people that cannot tolerate regular eggs, she recommends using a "flax egg" in baked goods, which combines one tablespoon of flaxseed meal with three tablespoons of water.

Family Meals Made Easy. When they were little, Caroline Somers' two daughters developed extensive food intolerances and food allergies with inflammation, gastrointestinal bloating and

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digestive distress. Tasked with reimagining her family's diet, the president of Suzanne Somers Companies created new versions of her favorite recipes, which will be featured in her upcoming cookbook, *Served: From My Family Table to Yours.*

"Many people deal with family members who have food preferences or intolerances to foods, and it can turn the person preparing foods into a short-order cook—no gluten for this one; vegan for that one; this one will eat fish but no dairy. It can make your head spin," says Somers. Her Vietnamese Spring Rolls recipe addresses this predicament by serving the ingredients family-style and inviting each person at the table to assemble their own spring roll according to their food preferences and restrictions.

Veronica Hinke is a food historian and author of The Last Night on the Titanic: Unsinkable Drinking, Dining and Style. *Learn more at FoodStringer.com.*

VIETNAMESE SPRING ROLLS

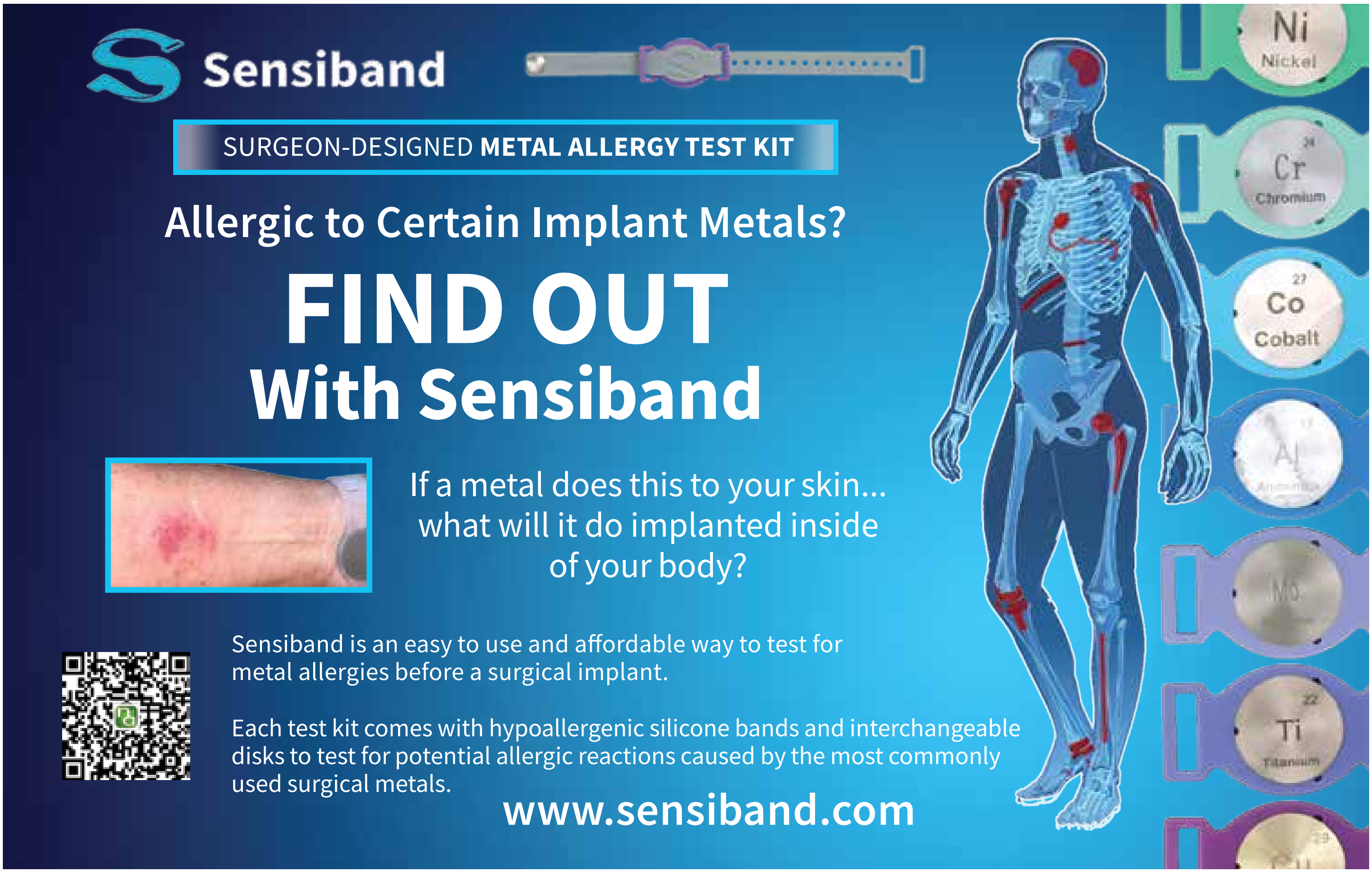
To accommodate a family with differing dietary needs due to food allergies, sensitivities or intolerances, this dish is served family-style, allowing diners to assemble their own spring rolls, choosing from the ingredients that fit their food restrictions.

YIELD: 24 SPRING ROLLS (6 ENTREE SERVINGS, 10 APPETIZER SERVINGS)

1 8-oz package of 8¾-inch rice spring roll wrappers (24 wrappers)
1 bunch Thai basil (or Italian basil), leaves only
1 bunch fresh mint, leaves only
1 bunch fresh cilantro, leaves only
3 cups coconut jade pearl rice (recipe below)
2 mangoes or papayas, pitted, peeled and sliced into long, thin strips
4 Persian cucumbers, julienned into long, thin strips
6 carrots, julienned into long, thin strips
¼ cup crispy ginger (recipe below)
1 head romaine lettuce, thinly sliced
1 head red leaf lettuce, thinly sliced
2 cups sesame ginger vinaigrette (recipe below)
1 cup peanut sauce (recipe below)
Sriracha to taste

COCONUT JADE PEARL RICE

1 15-oz bag (2¼ cups) Lotus Foods Jade Pearl Rice (or jasmine rice)



1 14-oz can unsweetened coconut milk
1¼ cups water
Pinch of sea salt

Do not rinse the rice. Combine rice, coconut milk, water and salt in a pot and bring to a boil. Cover, reduce the heat to a simmer and cook for 20 minutes. Remove from the heat and let stand for 10 minutes. Fluff with a fork and serve. Can also be prepared in a rice cooker with the same ratios.

CRISPY GINGER
1 palm-sized piece of fresh ginger
½ cup toasted sesame oil

Peel the ginger and thinly dice it. Heat the oil in a sauté pan over medium-high heat. Add the diced ginger and fry until golden brown—approximately 6 to 8 minutes—stirring frequently to brown evenly. Transfer the crispy ginger to a small serving bowl with a tiny spoon.

SESAME GINGER VINAIGRETTE
1 cup toasted sesame oil
¾ cup rice wine vinegar
¼ cup tamari (or soy sauce)
2 Tbsp grated fresh ginger
1 Tbsp dried hot mustard

Combine all the ingredients in a jar with fitted lid. Cover and shake until well combined. Store in the refrigerator for up to 2 months.

PEANUT SAUCE
½ cup creamy peanut butter
1 Tbsp grated fresh ginger
2 cloves garlic, pressed
2 Tbsp palm sugar
2 Tbsp sweet chili sauce
1 lime, juiced
1 Tbsp rice wine vinegar
1 Tbsp tamari (or soy sauce)
1 Tbsp toasted sesame oil
2 to 3 Tbsp warm water

Heat the peanut butter in a medium bowl in the microwave for 20 to 30 seconds. Add the ginger, garlic, sugar, chili sauce, lime juice, vinegar, tamari and sesame oil, and whisk to combine. Add the warm water to thin the sauce to desired consistency. Store in a covered jar in the refrigerator for up to 2 months.

To assemble a spring roll, dip one rice wrapper completely in a shallow bowl of warm water for about 5 seconds. Remove and spread flat on a plate or chopping board. Place basil leaves down the center. Continue to top the single strip with mint, cilantro, a thin layer of rice, mango, cucumber, carrot, a few pieces of crispy ginger and lettuce. Do not overstuff.

Fold up the bottom first, then fold over one side of the wrapper, tucking and rolling the filling into a compact cylinder, leaving the top end open. Serve the rolls with bowls of sesame ginger vinaigrette, peanut sauce and sriracha. Repeat to make desired number of rolls, using any combination of ingredients.

Recipe and photo courtesy of Caroline Somers.

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SUSTAINABILITY ON THE RISE AT U.S. COLLEGES

by Carrie Jackson

The halls of higher education are adopting more sustainable practices as students and university stakeholders increasingly understand that their lifestyle choices and daily operations impact the planet. Motivated by the climate crisis and global-warming-related disasters, many students are looking for ways to lower their individual carbon footprint. Schools, too, are implementing Earth-friendly initiatives throughout their campuses while also prioritizing climate-conscious subjects in their curriculums.

According to Julian Dautremont, director of programs at the Association for the Advancement of Sustainability in Higher Education (AASHE), "Sustainability education helps attract, retain and motivate top students and prepares them for responsible citizenship. It catalyzes increased giving and new funding sources, strengthens community relations and facilitates new partnerships. Moreover, sustainability research and education demonstrate relevance in addressing grand challenges and help unify the campus around a shared sense of purpose."

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AASHE advocates comprehensive modifications that make going green easy and second nature. “We recommend that institutions create systems in which sustainability is the default. Long-term measures such as installing low-flow fixtures in bathrooms, using induction stovetops in dorms and having light sensors that turn off automatically in offices make saving energy automatic,” Dautremont explains. “Where individual behavior is a factor, make the more sustainable choices convenient by, for example, providing water bottle filling stations on every floor, installing covered bike parking and storage, or giving each room its own recycling receptacle and providing education and training to make sustainability behaviors the cultural norm.”

Sophomore Anna Ries-Roncalli, an environmental science major at Loyola University, in Chicago, says, “College is often the first time you’re learning how to be an adult and interacting with the world, and it’s important to make sure that your role is sustainable. Colleges have an inherent, built-in sense of community, and prioritizing sustainability comes more naturally when you see that it’s a collective responsibility that impacts others.”

Ries-Roncalli is aware of the impact her food choices have on the environment. “In our country, where we can buy anything we want from the grocery store, we are so disconnected from the food system. Most people don’t see a carton of eggs and think about every step that it took to get it on the shelves or where the farm it came from is located,” she says. To do her part, she brings reusable plates and utensils to the dining hall, takes leftovers home in a multi-use canister and shops locally or at farmers markets whenever possible. While Loyola composts most food waste in the dining halls, Ries-Roncalli volunteers with Food Recovery Network, a student organization that collects and distributes leftovers to local shelters and food pantries.

Michael Hughey, a senior in the environmental studies program at Loyola, takes full advantage of a partnership between the Chicago Transit Authority and Loyola that grants eligible students unlimited use of public trains and buses. “Students can also walk, take their own bike or use a bike share to get around. Not only are they cutting back on their carbon footprint, they’re engaging more with the city on a ground level,” Hughey explains. “We’ve seen the effects of climate change disproportionately affect low-income communities and communities of color. I personally want to mitigate those effects as much as possible and be kind to the planet and my neighbors.”

Cria Kay, program administrator at Northwestern University’s sustainNU, says, “I recommend finding something that brings you joy, identifying what changes you want to see in your life or community, then developing an action you can take that applies your passion to the environmental issue you identified. Even something as simple as taking a walk to pause and notice the wildlife, water, air and soil around you can be helpful for well-being and getting inspired to take on more sustainable behaviors.”

Amy Spark, the sustainability coordinator at Bow Valley College, in Calgary, Canada, believes that sustainability literacy eventually will be required across all disciplines. “Students in every sector are going to be impacted by climate change. Nurses in our LPN [licensed practical nursing] program are seeing a spike in hospital visits with health issues from increasingly poor air quality. It is important to train future graduates to recognize and deal with the impacts of climate change in their disciplines,” she explains.

Spark encourages students to use their voices. “Human stories move decision-makers, and schools are invested in their students’ overall experience. You don’t need to be an expert, but speak from your experience,” she suggests. “Tell your administrators and policymakers how air quality affects you, or let them know how having more bike lanes would help. If you see something, say something. Report leaky faucets, lights that won’t turn off and other inefficiencies to the maintenance department so proper repairs can be made.”

“Individual behavior change is important, but the single most powerful thing students can do is to advocate for broader change,” says Dautremont. “Students can be enormously influential in campus decision-making, and the impact of such changes generally is going to far outweigh the impact of individual behavior changes.”

Carrie Jackson is a Chicago-based freelance writer. Connect at CarrieJacksonWrites.com.

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Acne Antidote

TOPICAL AND DIETARY ROADMAP FOR HEALTHY SKIN

by Sheila Julson

Whether it's a wedding day or job interview, nothing puts a damper on the moment like an outbreak of acne. It can be embarrassing and compromise self-confidence, but natural treatments and lifestyle modifications can keep those breakouts at bay.

According to the American Academy of Dermatology Association, acne is the most common skin condition in the U.S., affecting up to 50 million Americans annually and roughly 85 percent of 12- to 24-year-olds. Dr. Julie Greenberg, a naturopathic doctor and founder of the Center for Integrative & Naturopathic Dermatology, in Los Angeles, notes that the prevalence of acne in this country leads people to wrongly conclude that it is a normal part of being human. "In fact, studies of indigenous cultures throughout the world do not find any acne in their populations. Acne is a disease of the Western lifestyle," she asserts. In essence, acne is an inflammatory skin condition that causes pimples, blackheads, whiteheads and redness. It is prompted by the overproduction of sebum, an oil produced by the sebaceous glands to lubricate hair follicles. Symptoms can be aggravated by an overgrowth of bacteria or yeast, excess hormonal activity or stress.

Dietary Solutions

"The pathways that trigger acne are the same pathways that trigger inflammation. If you're having acne on the skin, that generally means there are moderate to high levels of inflammation in the body, so that should be addressed," says Saya Obayan, a board-certified integrative dermatologist at Skin Joy Dermatology, in Austin, Texas. She recommends keeping a food journal for six weeks to identify inflammatory foods that noticeably trigger an acne response and eliminating them from the diet. Many of the culprits are part of the Standard American Diet, including animal protein, wheat and sugar—foods that can increase sebum production, and thus generate acne.

Dr. Steven Daveluy, associate professor and program director for the Wayne State University School of Dermatology, in Dearborn, Michigan, notes that dairy spurs acne, as well. "Dairy contains an amino acid called leucine, which stimulates oil production and affects the skin cells to cause clogged pores. It also influences the insulin pathway, which can affect hormones," he explains.

According to the Cleveland Clinic, hormonal acne develops when hormonal

changes increase the amount of oil the skin produces. This scenario is particularly noticeable in teens going through puberty and in both perimenopausal and menopausal women.

Greenberg approaches acne like she would any other inflammatory disease—by focusing on the gut microbiome. She recommends consuming at least 35 grams of fiber per day, eating a diverse array of fruits and vegetables, limiting meat consumption to four-ounce servings and eliminating or reducing alcohol, sugar and wheat to support microbiome health.

Stress Relief

Obayan notes that stress aggravates any inflammatory disease, including acne. Meditation, exercise or regular walks can help calm the mind and lower stress. She also recommends herbs like ashwagandha to lower cortisol, a stress hormone that can trigger acne.

Topical Treatments

"The things we put on our skin can lead to clogged pores and trigger acne, including makeup and hair products. If you're getting acne in places where your hair typically touches your face, it could be from a hair product transferring onto the skin," Daveluy notes. He stresses that makeup should be washed off before bedtime. On the other hand, over-scrubbing or washing the face too often can dry out the skin, which also leads to clogged pores and acne.

"While acne should be addressed from the inside out, topical antibiotics can offer short-term relief and keep severe acne under control," Obayan says. "Glycolic acid can help keep skin smooth and clear by exfoliating dead skin cells and unclogging pores. Tea tree oil has antibacterial and antimicrobial properties, but it shouldn't be used undiluted on the skin; it can be overly irritating."

In addition, Obayan recommends topicals like retinol, a nontoxic vitamin A derivative that can help reduce acne, hyperpigmentation, dark spots, scarring, fine lines and wrinkles. Bakuchiol, an extract from the babchi plant, along with topical green tea polyphenols, licorice extract and neem oil, can all be helpful to reduce acne.

Resist the Urge to Pop Pimples

Mom was right when she warned to leave pimples alone. "People often think that it's helpful to manipulate your acne, but it can lead to more acne flaring, discoloration and even permanent scarring," Daveluy advises. "Don't believe anything on social media that isn't posted by a board-certified dermatologist. The rest of the skin info on social media is junk and could lead to damage to your skin."

Sheila Julson is a freelance writer and frequent contributor to Natural Awakenings.

Group Fitness Glory

Tips to Maximize Results and Enjoyment

by Cristina Parker

People are by nature social creatures, and, according to the U.S. Centers for Disease Control and Prevention, human connection can lead to a longer life, better health and improved well-being. It should come as no surprise that for exercising, a group setting can also be a plus.

Led by a knowledgeable teacher and populated by like-minded participants, fitness classes offer a great way to jumpstart an exercise regimen and achieve fitness goals. Although some people may feel vulnerable when trying a new physical activity in front of strangers, there are ways to overcome the anxiety. Exercising together can transform a workout into a fun, motivating, socially fulfilling activity.

Find the Right Classes. In most cities, an array of group fitness classes is available at gyms, YMCAs, community centers, medical facilities and other public and private venues. The diverse choices include Zumba, a Latin-inspired dance; barre, which incorporates ballet movements; spin cycling, or high-intensity stationary biking; many forms of yoga; the mind-body practice known as Pilates; and boot camp, a military-inspired workout that incorporates strength building with strenuous aerobics. Free group activities are often available, too, such as walking, running, dancing or hiking meetups.

Classes may be posted online and onsite. Scheduling apps can assist the search for nearby options, including ClassPass (*ClassPass.com*) and MindBody (*MindBodyOnline.com*) for classes and OneRoof (*OneRoofApp.com*) and Nextdoor (*Nextdoor.com*) for neighborhood meetups.

"Fitness classes are not one-size-fits-all, and finding an environment and a movement style that matches you can help you be more successful in your fitness journey," says Jillian Aeder, a Denver-based doctor of physical therapy at Hinge Health and a certified athletic trainer. She recommends trying different studios and types of classes when starting out.

Be Consistent and Accountable. "Group classes are usually conducted on a weekly basis at the same time to help people find consistency in their workouts," says Britney Kim-

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ball, a professional dancer and certified Pilates instructor for BK Movement Health, in New York City. "Attending the same class every week not only helps you see the benefits of fitness faster, but also creates a comfortability with the instructor, the class and the people around you."

Amber Grundy, a doctor of physical therapy and fitness instructor in Philadelphia, says, "Group fitness programs can be helpful in keeping you accountable for exercising on a regular basis. It makes you feel a part of a community, bringing together multiple fitness levels that can help challenge and motivate."

Get Going. Fitness classes offer the thrill of competition, Aeder says, noting, "I have seen firsthand how group settings help improve participation, performance and ultimately results." Some classes encourage a healthy dose of competition by displaying scores, ranking attendees in speed or agility, or implementing tiers within an all-level class. In a 2011 study of older adults published in *The International Journal of Sport and Society*, researchers found that seniors like a challenge, enjoy "winning things" and are motivated to work harder when engaging in competition.

Overcome Fear. To alleviate anxiety about joining a new program, Kimball recommends that people show up to class early, introduce themselves and ask questions. "An instructor will love it when you're involved, wanting to learn and openly communicating with them," she explains.

Grundy suggests managing expectations. "Read the description of the class before attending to learn what to expect, and if you're worried about past injuries or limitations, review that with the instructor. Often, group classes will offer options based on difficulty level. It's okay for a beginner to take an expert class so long as they take breaks throughout the workout."

Save Money. Group classes have one very important advantage over individual training: cost. According to the Aerobics and Fitness Association of America, a one-on-one personal training session may begin at $80, whereas a group class with 10 students could be $20 each. Lower costs make sustained attendance more achievable.

Enjoy the Company. The group setting is a nice way to both meet new people and spend extra time with friends or family," says Grundy. "The camaraderie makes participants more accountable; many leave class saying, 'See you next time!' or asking, 'Where have you been?'"

Reap the Results. Kimball has noticed her students walk out feeling better, looking more confident and going into the rest of their day in a better mood. She says, "Oftentimes we are our own biggest critic, but it is important to push past that to show up, move the body and have fun."

Cristina Parker holds a doctorate in physical therapy. She is a researcher, health content writer, educator and clinician specializing in neurologic disorders, limb-loss rehabilitation and adaptive sports techniques.

WATCHING FISH SWIM

THE JOYS AND BENEFITS OF AQUARIUMS

by Carrie Jackson

There's something meditative about observing the movement of colorful fish among swaying aquatic plants while hearing the soothing sounds of water. In our culture, where stress has run amok, the restorative ambiance created by a well-placed and properly designed aquarium may be a welcome remedy for the busyness of life.

A study by the U.S. National Institutes of Health reports that aquariums help lower blood pressure, reduce the risk of cardiovascular disease, lessen feelings of loneliness and serve as emotional support during mental health crises. Gazing at fish for just a few minutes every day can reduce stress, improve sleep and instill an overall sense of calm.

People have kept fish for more than 4,500 years, and since the late 1800s, the idea of marine life as pets has emerged as a popular pastime. Large public aquariums with multi-million-gallon exhibits thrill visitors around the globe, while smaller fish tanks adorn doctors' offices, health spas, libraries and a myriad of public and professional spaces. With a little

planning, the beauty and calming influence of these underwater displays can be incorporated into the home, offering a unique way to bring nature indoors, spark curiosity and teach kids valuable lessons.

A few green plants combined with colorful fish provide the right kinetic energy to be both soothing and invigorating.

Dr. Ran D. Anbar, a board-certified pediatric pulmonologist and pediatrician, has two aquariums in his waiting room in La Jolla, California. "Watching fish doesn't require a lot of thought, and this allows the mind to settle down. It's generally calming because the viewer's interest is captured by the fishes' unique appearances and smooth, rhythmic and repetitive navigation through water. Aquariums have been associated with improvement of mood, better pain management and blood sugar control," says Anbar, who also offers hypnosis and counseling services to his patients.

If a child shows interest, Anbar incorporates the aquarium into his counseling sessions. "I thank them for being kind to my fish, and this helps reduce tension. Kids love feeding the fish and watching them happily eat. We talk about how the fish might feel, which helps the kids describe their own thoughts and feelings. Sometimes, when children describe a fish's response, they are able to verbalize thoughts they cannot say about themselves," he explains. "Children also like to photograph or draw the fish, and I ask them to imagine the fish's name, origin and hobbies. This sparks creativity, and they often become interested in setting up their own aquariums after seeing them in my office."

Maintaining an aquarium can teach kids empathy and trustworthiness. "Children learn to be responsive to their fish's needs, including how to observe the animals closely for signs of distress. Children learn to be patient and how to follow a schedule. They can learn to calm their own emotions in dealing with their fish, because otherwise the pets might become agitated," Anbar says, urging parents to supervise their kids closely until it is clear they are able to care for the animals responsibly.

Steven Waldron, the owner of Aquarium Zen, in Seattle, Washington, helps people create artistic installations inspired by the aquarist Takashi Amano, who combined Japanese gardening techniques with the wabi-sabi principle of finding beauty in imperfection. "Aquariums are living aquatic ecosystems, and it is deeply compelling to have a slice of that biome in your home," Waldron says. "The very act of creating and maintaining that ecosystem taps into something instinctual and gives people structure, a sense of purpose and peace. With endless design possibilities, people are able to create a projection of their own aquatic paradise."

To reap benefits, an aquarium need not be large or overly expensive. Waldron notes that a few green plants combined with colorful fish provide the right kinetic energy to be both soothing and invigorating. "Choose fish that complement the plants and are enjoyable to watch. Siamese fighting fish, tetras, dwarf cichlids and dwarf shrimp are excellent for home aquariums. Some of these simply provide beauty and some, such as the Amano shrimp and the Otocinclus catfish, act as a cleanup crew and eat damaging algae," he says. "Once it's set up, routine maintenance, such as cleaning the tank and changing the water, should take less than an hour a week, and most people find caring for their aquarium to be a fulfilling and meditative task."

While it may be tempting to put an aquarium in a bedroom, Waldron believes that can be too much energy for a space meant for slumber. "From a *feng shui* perspective, a dark corner of a common living space is the ideal location for an aquarium. This allows it to become the central focal point and provide light, life and positive energy," he says. "Once you start to see natural energy flowing through the plants and animals, it becomes intuitive, and you see the connection to nature everywhere."

Carrie Jackson is a Chicago-based freelance writer. Connect at CarrieJacksonWrites.com.

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Controlling Indoor Air Pollution

According to the U.S. Environmental Protection Agency, indoor air pollution can be as high as, or even higher than, outdoor levels. Because we spend about 90 percent of our time indoors, ambient air quality can impact anyone's health, but seniors, children and people with health conditions like asthma and heart disease are more vulnerable.

Some pollutants come from outside; others originate indoors through cooking, cleaning, smoking, building materials, consumer products and furnishings. Common contaminants include formaldehyde, mold and pollen. Consider these measures to maintain a healthy, fresh-air environment inside the dwelling.

VENTILATE THE HOME

Open non-street-facing windows for 15 minutes every day to let fresh air in. Even if it's colder or hotter outdoors, indoor air quality will improve, and the temperature will adjust quickly. The best times to ventilate are before 10 a.m. and after 9 p.m., when outdoor pollution is lowest.

Air quality alerts for particulates from forest fires or heavy smog may indicate skipping ventilation. To expel pollutants, use bathroom and kitchen exhaust fans, or position a fan to blow out of a window. Ventilate rooms when painting or engaging in maintenance and hobbies that use noxious chemicals.

FILTER THE AIR

High-efficiency particulate air (HEPA) filters fitted into heating, ventilation and air-conditioning systems remove pollutants throughout the house, including dust, pollen, mold and bacteria. Portable air cleaners known as HEPA air purifiers can sanitize a single room or area. For more information, visit *Tinyurl.com/EPAindoorair*.

CLEAN SURFACES

To reduce airborne, allergy-causing agents, including dust mites, pollen, animal dander and dust (comprised of dead skin, soil, fungal spores and chemicals), houseclean regularly. Use a vacuum with HEPA filtration and strong suction. Wet-wipe and wet-mop surfaces with reusable, compostable materials like washable cotton, hemp or wool. Avoid petroleum-based microfiber, which releases microplastics. Mops with bamboo or metal handles are more eco-friendly and longer lasting than plastic types.

AVOID INTRODUCING POLLUTANTS

Remove shoes at the door to prevent tracking in pesticides from green spaces and infectious bacteria from public restrooms, healthcare buildings or foodservice facilities.

Replace chemical-ridden air fresheners, body perfumes and bug sprays with low-toxicity, DIY or commercial products that use essential oils and plant-based ingredients. Choose cleaning products certified or recommended by Green Seal (*GreenSeal.org*), EcoLogo (*EcoLogo.org*) or the EWG Guide to Healthy Cleaning (*Tinyurl.com/EWGclean*).

Make sure new furnishings and remodeling materials don't contain lead, asbestos, flame retardants, volatile organic compounds or perfluorinated chemicals. Choose Forest Stewardship Council-certified wood furniture and Global Organic Textile Standard-certified textiles. For more tips, visit *Tinyurl.com/EWGhomeguide*.

TUESDAY, AUGUST 1

Tai Chi for Teenagers Fall Registration – Aug 1-15. For ages 14-16 this fall (Sept 11-Dec 11). Playfully explore the basic body mechanic principles and get their relaxation and focus on with the mindful movement of tai chi. Use code fall2023 to get your discount. $140 with discount. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Tai Chi and Qigong Ongoing Classes Registration – Aug 1-15. Register for Fall ongoing classes and receive a $10 discount. Use code: fall2023 when registering. $150-$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Shakespeare Unplugg'd – 8pm. Showcasing the many unexpected talents of this year's Michigan Shakespeare Festival company. Donations. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

FRIDAY, AUGUST 4

Sound Bath Meditation – 7-8:30pm. Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. $40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Required registration: 248-962-5475 or Facebook.com/events/940771530418698.

SATURDAY, AUGUST 5

Summer Birding – 8-10am. With a fun mix of swamp, meadow, and forest this birding hike can provide some exciting bird watching. All levels welcome. Bring own binoculars. Led by Kelsey Dehring. Squiers Preserve, 1280 Sylvan Rd, Chelsea. Pre-registration required: Washtenaw.org.

Autumn Gothic Opening Reception – 10am-2pm. An exhibit infused with autumn, mystery and the macabre. A wide variety of mediums, styles, and moods on display through Halloween. Free. Williamston Library, 3845 Vanneter Rd, Williamston. Tinyurl.com/y8rhxv4u.

TUESDAY, AUGUST 8

Ann Arbor Backyard Beekeepers Meeting – 6:30-9pm. Speaker: Dewey Caron on Anticipatory Beekeeping. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

WEDNESDAY, AUGUST 9

Guided Nature Walk: Ripening Fruits – 5:30-6:30pm. Take a walk to learn how plants and animals make the best use of the sun for warmth and growth. Free. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

SATURDAY, AUGUST 12

Sacred Psilocybin Experience – Aug 12-13. With Gary Merel. Connect with a supportive group of like-minded individuals; explore the transformative power of psilocybin; journey through inner world with guided meditations and introspective exercises; learn how to integrate insights and experiences into daily life; experience the healing power of nature with guided walks and more. $480. For more info: 732-208-2836 or LeanIntoYourLife.net.

Somatic Activated Healing – 10:30-11:30am. Designed to be a dynamic and multi-faceted approach to healing and wellness. This method helps us to experience the present moment through our bodies and release any emotions or stories that we might be hanging onto. $20. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. 248-962-5475. Tinyurl.com/3endhjrp.

SUNDAY, AUGUST 13

Ann Arbor Orchid Society Meeting – 1-4pm. Speaker: Thanh Nguyen on Springwater Orchids: Paphiopedilum Orchids. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

TUESDAY, AUGUST 15

Mindfulness Hike – 6:30-8pm. Join naturalist Elle Bogle and mindfulness instructor Julie Woodward for an evening meditative hike to connect with the natural world. Northfield Woods & Arbor Woods Preserves, 150 E Northfield Church Rd, Whitmore Lake. Pre-registration required: Washtenaw.org.

WEDNESDAY, AUGUST 16

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. $3, $2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

FRIDAY, AUGUST 18

2023 Native Plant Symposium – 9am-5pm. Celebrating Biodiversity and Native Plants of the Great Lakes Region. In-person sold out, but can buy tickets for virtual attendance. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

New Moon Night Hike – 7:30-9pm. Will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette, and visit some nocturnal animals to learn about how they survive. $5/person; free/children newborn-23 mos. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. Pre-registration required: DiscoverScienceAndNature.org.

SATURDAY, AUGUST 19

Meditation Getaway – 9am-5pm. Walking/hiking meditation, various forms of meditation, yoga nidra, journal writing, breath work, sound and aroma experience and more. Ample time for sharing and reflection provided. $125/advance. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. 248-962-5475. Registration required: Tinyurl.com/peu8a7eu.

Deep Play: Transformation thru Expression – 10am-1pm. Join Lee Edwards for her monthly playgroup, and experience the power of InterPlay to foster self-exploration, authentic creative expression and meaningful community connection. $15-$30 suggested donation. Sanctuary at Friends Meeting House, 1420 Hill St, Ann Arbor. 231-421-3120. SoulWaysHealing.com.

Native Plant Sale – Aug 19-20. 10am-4:30pm. A sale of plants native to North America, many grown at Matthaei and representing plants growing in our spaces such as the Great Lakes Gardens. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

SUNDAY, AUGUST 20

Stewardship Workday: Kuebler Langford Nature Area – 9am-12pm. Help remove invasive species, creating more space for native plants to thrive. Tools and know-how provided. Free. Meet at the park entrance on Beechwood Dr, north of Sunset Rd, Ann Arbor. Pre-registration required: nap.a2gov.org/Kuebler082023.

TUESDAY, AUGUST 22

Yoga for Grief and Loss – 7-8pm. With Saydi Miller. Incorporates evidence-based healing to support children, teens and adults. All welcome. Renew Therapeutic Solutions, Landau Bldg, 5340 Plymouth Rd, Ste 110, Ann Arbor. 734-335-4747. RenewTherapeuticSolutions.com.

Artist Spotlight: Benjamin Dakota Rogers – 8pm. Americana songs with a distinctive grain from Ontario. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

WEDNESDAY, AUGUST 23

Guided Nature Walk: Summer Highlights – 5:30-6:30pm. Take a walk to learn how plants and animals make the best use of the sun for warmth and growth. Free. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

SATURDAY, AUGUST 26

Stewardship Workday: Gallup Park Wet Prairie – 9am-12pm. Help remove invasive species. Tools and know-how provided. Free. Meet in the Gallup Park parking lot, just over the wooden bridge, Ann Arbor. Pre-registration required: nap.a2gov.org/Gallup082623.

Healing through Connecting Constellations – 1-6pm. We are in relationship/connected with everyone and everything. Sometimes our experiences in life have us feeling disconnected from ourselves and others. Healing through Connecting Constellations supports you in reconnecting. $165/14 days advance, $185/ after. Evans Creek Lodge, 24330 Lahser Rd, Southfield. 248-345-3557. ConstellationHealingArts.com.

SUNDAY, AUGUST 27

Monthly Group Sound Bath – 4-5:30pm. Rev Amy Feger, Shaman and Reiki Master, applies her unique techniques in sound healing to the group

experience. $15 donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-210-1312. SacredWhisperTeachings@gmail.com. EnlightenedSoulCenter.com.

WEDNESDAY, AUGUST 30

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. $3, $2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

MARK YOUR CALENDAR

TUESDAY, SEPTEMBER 12

Dr. Chi Fingernail and Tongue Analysis Clinics and Seminar – 6-8pm, seminar. Clinics: Sept 11-13, 9am-5pm; Sept 14, 9-11am. Free seminar; $40/clinic. Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. To register: 517-333-7270. More info: 800-471-0255.

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Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. $75. More info & register: CastleRemedies.podia.com.

Summer Package Special: Unlimited Yoga and Pole Training – Thru Aug 27. All welcome. Teach love for self and other and bring a playful awareness to clients. $475. aUM Yoga, 1220 S University, Ste 210, Ann Arbor. 734-707-7419. AumYogaAnnArbor.com.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end-of-slife transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. $20. 231-590-0001. tcdesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

weekly

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk, self-paced online course. $79 (regular $149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

sundays

Bach Flower Remedies Level 1 LiveWeb – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Sunday Artisan Market – Thru Dec 17. 11am-4pm. Unique local arts and crafts. Meet the artists and support local art. Free parking. Farmers Market Pavilion, 315 Detroit St, Ann Arbor. SundayArtisanMarket.org.

Drop-In Tarot Study Group – 6:30-8pm. A drop-in group of tarot enthusiasts facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. $10 donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-299-6472. NicksVictoryGardens@gmail.com. EnlightenedSoulCenter.com.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

mondays

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Soul Power Mystic Arts – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through four retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies, and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

Yoga in the Park – Thru Sept 4. 5:45pm. Mota Thai Yoga will conduct vinyasa yoga. First class free, then $20. West Park, 215 Chapin St. Inclement weather: Mota Thai Yoga, 416 W Huron St, Ste 22, Ann Arbor. Register: Tinyurl.com/WestParkYoga. MotaThaiYoga.com.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

tuesdays

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Hypnotherapy – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

wednesdays

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. $59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

thursdays

Class Observation – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness and revitalization. $180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Hills of Ann Arbor – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Meditation Class – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. $10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

saturdays

Downtown Plymouth Farmers Market – Thru Oct 21. 8am-12:30pm. No market Sept 9. 736 Penniman, Forest St, Plymouth. 734-223-7956. Tinyurl.com/2sy94m6m.

Certified Hypnotherapists Education and Networking Meeting –9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

Yoga with Reflexology for Insomnia/Restful Sleep Workshop – Thru Sept 16. 1-2:30pm. 4th Sat. Experience the profoundly synergistic healing benefits of pairing yoga with reflexology. Will rotate between modalities with a focus on common issues such as stress/anxiety relief, insomnia and more. $40. Crysterra Wellness, 3173 Baker Rd, Dexter. Registration required: CrysterraWellness.com.

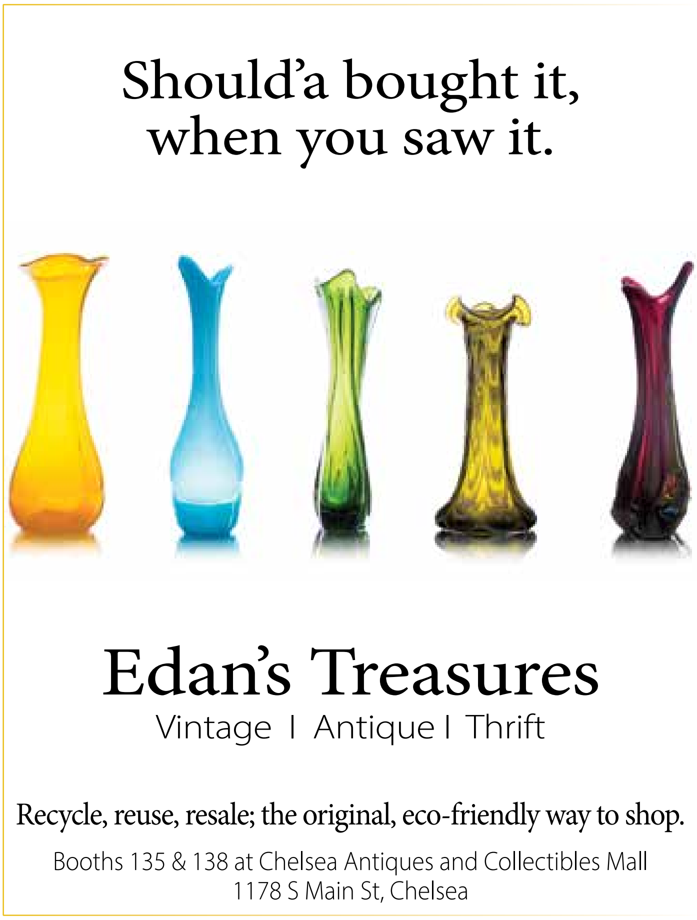
Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state-of-the-art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. $35/class. Childbirth-Classes.com.

Drum and Dance Jam – 7:30-9pm. 1st Sat (Apr-Aug). Bring a drum with you or use a drum that is provided. $5 donation requested at the door. Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor. For more info: 734-327-0270, InterfaithSpirit.org or Facebook.com/glattercurtisav1972.

classifieds

HELP WANTED

RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING! Our massage therapists earn $35K to $40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.



ALTERNATIVE POWER SOLUTIONS

GREAT LAKES APPLIED POWER
740 W. Industrial Drive, Chelsea
734-897-0550
GreatLakesAppliedPower.com

We are devoted to third-generation ultra-efficient power solutions using the latest technology and advanced product design. Please contact us for more information or for assistance selecting a Power Cell or Solar Power Wagon to fit your needs! *See ad on back cover.*

AROMATHERAPY

ROSY GLOW AROMATHERAPY
Margo Hertzfeld, Certified Aromatherapist
419-360-0169
RosyGlowWellness.com

Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

BIOLOGICAL DENTIST

ANN ARBOR'S DENTIST
Dr. W. K. Dobracki, DDS
606 W Stadium Blvd, Ann Arbor, 48103
734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com

Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 5.*

CATERING/FOOD

CINNAHOLIC
121 E Liberty, Ann Arbor
734-707-1955
Info@CinnaholicAnnArbor.com
CinnaholicAnnArbor.com

Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 21.*

DETOX/COLONIC

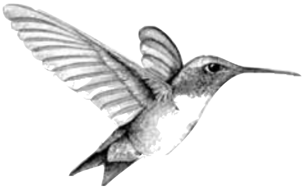
INNERSPACE HOLISTIC
Brandy Boehmer, 734-709-8313
2350 Washtenaw Ave, Ste 14, Ann Arbor
InnerSpaceHolistic.com

Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

FOOD

PAU LA CARTE PERSONAL CHEF SERVICE
Paula Woods
PaulaWoods686@gmail.com
734-223-7956

If you believe that food/nutrition is the number one best way to better health, and you really like NOT cooking, give me a call. You won't regret it. Best Food Ever.



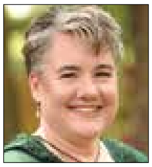
GENERAL & COSMETIC DENTISTRY

ANN ARBOR SMILES DENTAL GROUP
2365 S Huron Pkwy, Ann Arbor &
1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com

Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 28.*

HEALTH AND WELLNESS

CONSTELLATION HEALING ARTS
Michaelene Ruhl, PsyD,
28592 Orchard Lake Rd., Farmington Hills
248-345-3557
ConstellationHealingArts.com



We create intimate, safe and sacred spaces for people to learn, grow and heal by supporting them in learning to create the same for themselves and others. *See ad page 25.*

CRYSTERRA WELLNESS
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com

Ancient inspirations for modern well-being. Supporting you and your wellness journey every step of the way with reflexology, reiki, lithography and yoga.

HEALTH FOOD STORES

THE BETTER HEALTH STORES
Locations: Dearborn • Plymouth • Novi • Livonia • Ann Arbor • Sterling Heights • Belleville • Southgate • Shelby Charter Twp • Lansing • Grosse Pointe Woods • Beverly Hills • Bloomfield Twp • Windsor, ON, Canada
TheBetterHealthStore.com

Vitamins, supplements, organic and natural foods. For more information: *See ad page 9.*

HOLISTIC DOCTOR

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads, pages 8 and 12.*

HOLISTIC MENTAL WELLNESS

INTEGRATIVE PSYCHOTHERAPY
Karen Kerr, LMSW
2010 Hogback Road, Ann Arbor
(734) 660-5610
karen8kerr@gmail.com
karenpkerr.com

In offering a holistic approach that is collaborative and supportive, I draw upon a rich variety of practices designed to deepen awareness, heal the nervous system and integrate the essential quality of mindful-self compassion.

HOMEOPATHIC PHARMACY

CASTLE REMEDIES
2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com

Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 24.*

LIFE COACHING

LEAN INTO YOUR LIFE
LeanFowardLife@gmail.com
734-249-9948
LeanIntoYourLife.net

Gary Merel offers the tools needed to create the life you envision. He is an effective catalyst that will help you unravel your life's dilemmas. Gary will help you to ignite your innate wisdom enabling you to see a clear path for your life.

MOLD TESTING & REMEDIATION

MOLDPRO
John Du Bois, CMI, CMR
247 W. Main Street, Milan
734-439-8800 • MoldProllc.com

MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

NATURE-ORIENTED MEETING SPACE

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping. *See ad page 8.*

PEDIATRIC DENTISTRY

ANN ARBOR SMILES DENTAL GROUP
Dr. Heather Hoffman
2900 Golfside Rd Suite 5, Ann Arbor &
1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com

Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 28.*

RELIEF FROM TRAUMA, ANXIETY & DEPRESSION

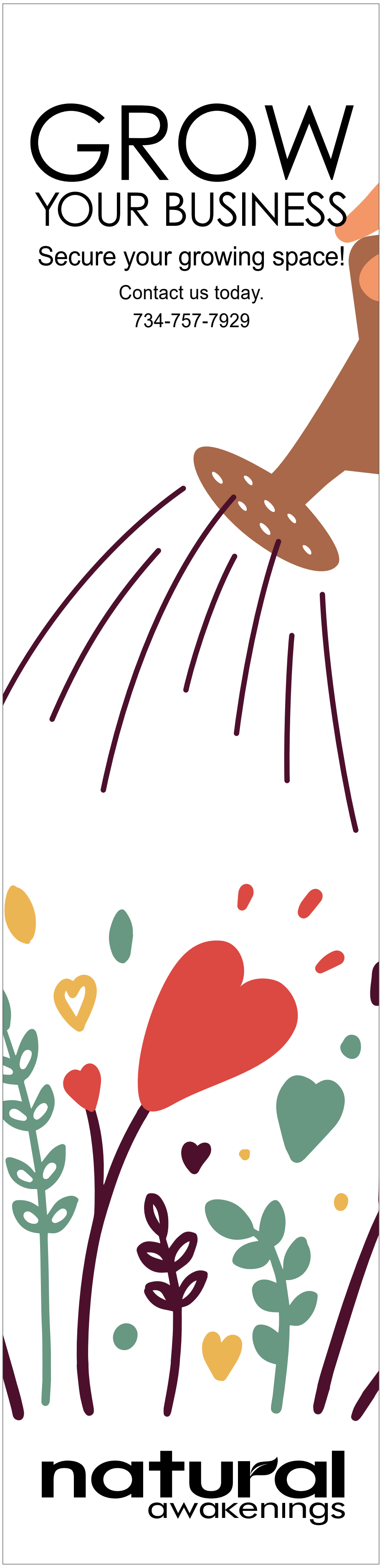
ACT ABSOLUTE CHOICES TODAY COUNSELING
NANCY WARNARS, LPC
OperationAbleNancyW@gmail.com
248-845-0513
AbsoluteChoicesTherapy.com

Virtual Teletherapy for all ages. Immediate appointments available. Accepting most insurance. Office in East Lansing. Change happens when you take responsibility to create thinking that supports ways to feel better. Family of origin, groups and media can have a profound effect on your inner being. Letting go of the negativity is critical to co-create new pathways toward hope, peace and love for the life you have a choice to envision.

SCHOOL / EDUCATION

ANN ARBOR SCHOOL OF MASSAGE, HERBAL & NATURAL MEDICINE
734-769-7794
NSHAAssociates@gmail.com
NaturopathicSchoolOfAnnArbor.net

Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is $50/hr.



MOTHER BEAR SANCTUARY
BARBRA WHITECROW M.A, DI,HOM

734-796-6690
MotherBearSanctuary.com

Mother Bear Sanctuary's mission is to remind people of their innate connections to their bodies, the Earth, all animals, and each other. Barbra specializes in transpersonal therapy, horse retreats, trauma-informed nature therapy, healer training and leadership programs. *See ad page 31.*

SMOKING CESSATION

FREE AT LAST! HYPNOSIS

Center - A Joyful Journey
734-883-8775

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 29.*

SOLID HARDWOOD PLANK FLOORING

CHELSEA PLANK FLOORING

740 W. Industrial Drive, Chelsea
734-433-1023
ChelseaPlank.com

Natural. Beautiful. Versatile. Longevity. Green. In simplest terms, a solid plank of hardwood flooring is a piece of a tree. It is neither laminated, extruded, mixed nor reconstructed from industrial regurgitation. It's the real deal, that which other flooring products strive to resemble and are measured against. *See ad page 4.*

TAI CHI AND QIGONG

PEACEFUL DRAGON SCHOOL

1945 Pauline Blvd, Ste B, Ann Arbor
734-741-0695
PeacefulDragonSchool.com

Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure. *See ad page 11.*

WEIGHT LOSS

FREE AT LAST! HYPNOSIS CENTER – A JOYFUL JOURNEY

734-883-8775

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 29.*

WELLNESS CENTERS

THRIVE! WELLNESS CENTER

148 S. Industrial Dr. Saline
734-470-6766
Thrive-Wellness-Center.com

Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 20.*

WOMEN-ONLY MASSAGE

SHER

734-239-3344
SherAnnWells@icloud.com

Draped relaxation massage $85 per hour, includes hot towels. Full coverage massage for relaxation and sexual abuse healing (This is NOT an internal or sexual experience). Draped $110 per hour. Undraped $160 per hour. I'm open for conversation.

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734-757-7929

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ENGAGE Check out and post "What's New". Be Inspired, find opportunities, upcoming events & more

CONNECT With your best matched, screened providers and organizations, plus like-minded members

EXPLORE & join 200+ RWH Topic Communities. Power Search centralized local & global knowledge & resources

HEAL With top doctors & experts in live video Q&A. Plus get members-only discounts on their programs

FREE Access to a vast growing catalog of courses. Plus, curate your own library to track your progress

DISCOUNTS On top provider and expert services, healing programs, training, courses & products

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REDUCE GRID USAGE

ULTRA EFFICIENCY

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